**Character**istics *found in Myths*

Athena – goddess of **Wisdom**

Artemis – goddess of **Seeking and living with Purpose**

Aphrodite – goddess of **Loving & Seeking out Beauty in life**

**Pro**metheus – **fore**sight – **Careful Thought** & looking to the future

Epimetheus – afterthought – to look back & **Learn from Mistakes**

**Occasio** – god of **Opportunity**

Astraea – goddess of **Justice**

Elpis – **Spirit of Hope**

**Harmon**ia – goddess of **Harmony & Peace**

**Hyg**ea – goddess of **Cleanliness**

Kratos – god of **Strength & Power**

**Muse**s- **Inspiration or the joy of living**

Nike – goddess of **Victory**

**Fate**s - **Divine Order or Karma**

**Chaos –nothingness that all else sprung from** –*so if you feel the world or your life is out of control that is not chaos that is your confusion or delusion. –Get to the root of the problem –dig deep!*

The VIA Classification is the product of a multi-year research project wherein 55 scientists studied the major religions and spiritual practices and philosophies with the goal of identifying what's best about human beings and how we use those best characteristics to build our best lives for ourselves and others. The resulting classification of 6 virtues and the 24 character strengths within them form a language of common ground.

<http://www.viacharacter.org/VIAINSTITUTE/Classification.aspx>

After looking at the list of character strengths:

1. Do you see any that are in Greek mythology as well?
2. Which of these characteristics do you believe you have?
3. Which ones would you like to be stronger in or develop more?